



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

Friends Board Members

Jan Dorsey and Pat White,
Co-Chairs

Sylvia Shuman
Secretary

Carol Ditmore
Treasurer

Isabelle Avedikian

Lisa Cadigan

Jay Kaplan

Betsy Tedoldi

Roma Jean Brown
Ex Officio

DEAR FRIENDS,

Each month we all look forward to receiving the Senior Compass to see what new programs are coming and when our old favorites are scheduled. We also enjoy the benefits provided by the freezer, computers, coffee pot, room divider, and many of the other little things that make the Center so comfortable. These things are not paid for from the Council on Aging budget. The money for these things comes from the membership dues and contributions to the Friends of the Needham Elderly (FONE).

We are therefore writing to ask you to renew your membership or become a new member of Friends of the Needham Elderly (FONE) by paying your 2010 membership dues. In that way we can continue to send the Compass to the seniors and their families in town and provide the additional items which the Center may need to make it a warm and comfortable place. We also provide wonderful day trips and weekend trips that we want to continue to support. These trips have become increasingly expensive, and we want them to be affordable to all.

If you send in your membership by January 15th, you will be eligible to participate in a drawing to win a pair of tickets for your choice of any one of the day trips run by the Friends during the 2010 season. You will benefit from this incentive, not only by enjoying the comradeship and adventure the trip engenders, but also by knowing that you have helped to enhance the Senior Center, enabled a friend or neighbor to enjoy a trip, and made the Senior Compass available.

Thank you, in advance, for your support. You will find an envelope enclosed. If you are the lucky winner of the drawing, you will be notified after January 15th.

Your FONE Board Members,

Jan Dorsey, Pat White, Isabelle Avedikian, Roma Jean Brown, Lisa Cadigan, Carol Ditmore, Jay Kaplan, Sylvia Shuman, Betsy Tedoldi

TABLE OF CONTENTS

Annual Holiday Party	3	Holiday Happenings at the Senior Center	3
Ballroom Dancing Lessons	5	Jewelry Design Workshops	4
Comedy Show	4	Keep Well Clinics	4
Compass Collating	5	Low Vision Support Group	5
Crafty Workshop	3	Mah Jong Class	4
Creative Writing Group	6	Monday's Lunch Bunch	3
Current Events Group	6	Movies	3
Decorate the Senior Center	3	New Year's Eve Party with Elvis Presley	3
Did You Know?	6	Save the Date, Reaccreditation	2
Elder Abuse Hotline	6	SHINE Update	5
Elvis Presley Live	4	Songsters Update	5
Entertainment Live	4	Trip Update	5
Friends Update	2	Volunteer Opportunities	4
		Wii™ – Baseball, Bowling and Tennis	6

SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



**COUNCIL
ON AGING**
Needham

**Council on Aging
Chairperson**
Susanne Hughes

Staff

Jamie Brenner Gutner
Executive Director

Sherry Jackson, MSW, LICSW
Associate Director

LaTanya Steele
Social Worker, BSW

Barbara Falla, LICSW
Social Worker

Penny Gordon, BA
*Volunteer and Transportation
Program Coordinator*

Dorene Nemeth, MBA
Denise Roskamp, MD
SHINE

Jeanne Blakeney
Trips

Clif Holbrook &
Elwyn Cotter
Van Drivers

**Advisory Board
Members**

Adele Chang

Ed DeMarrais

Ann DerMarderosian

Jack Donna

Marjorie Gaultz

Miriam Kronish

**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

FRIENDS OF THE NEEDHAM ELDERLY BOARD MEMBER CHANGES

Ann DerMarderosian has stepped down from the FONE Board. She was a great asset to the Friends and will be missed! Lisa Cadigan is the newest member to the Board. She has been a Needham resident for over 20 years and the board members are excited to have Lisa join them.

FRIENDS OF THE NEEDHAM ELDERLY

DONATIONS

- Deborah Almy
- James Hugh Powers
- Mary Corcoran
- Lorraine Mitchell
- E. Andrew Wilde, Jr.

MEMORIALS

- Ann DerMarderosian
in memory of
Kenneth Monteith
- Shirley Bibbo in memory of
Stanley R. Amato

DEAR FRIENDS,

As we embark on reaccreditation of the Stephen Palmer Senior Center I have been pondering what a senior center is. It is astonishing to think that since the first one opened in 1943 that they are now located in most counties throughout the United States and may be found in urban and rural settings. Senior centers function as a community focal point where older adults come together for services and activities that reflect their experience and skills. They strive to respond to the diverse needs and interests of a growing population with the overall goal of enhancing the health and wellness of citizens of any age. Each senior center is unique in operation and is identified somewhat by its community but accreditation helps us to ensure that we share a common philosophy of excellence as we compare ourselves to national standards and best practices.

In the coming months, the staff, the Council on Aging Board Members, and many other community partners will come together to assess nine key areas of our operation as it compares to standards of today, as we look to assure that ours is a center of distinction look to our future. I look forward to working with many of you towards this end.

Jamie

NEEDHAM COUNCIL ON AGING DONATIONS

- Wendy and Jerry O'Keefe donation of Aladdin Reader

SAVE THE DATE, GET INVOLVED
Wednesday, December 2, 2009 • 5:00-6:00 pm
At the Needham Senior Center

It's time for the Senior Center to apply for reaccreditation! We encourage you to attend a public forum at the Senior Center to hear about the process. Community volunteers will be involved in an assessment process that compares our Senior Center to national standards. This is an especially important time to evaluate our accomplishments and set goals for the future.

PLEASE NOTE The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

HOLIDAY HAPPENINGS AT THE NEEDHAM SENIOR CENTER

CRAFTY WORKSHOP WITH JOAN
CREATE A HOLIDAY CENTERPIECE OR
CHRISTMAS WREATH FOR YOUR HOME OR TO GIVE
AS A GIFT TO A FRIEND OR RELATIVE
Thursday, December 3rd • 1:30 pm

At the Needham Senior Center

Sign-up is required. Cost is \$2.00 and is due on the day of the program.

Decorate your Christmas table by making your own unique arrangement, using pine combs, acorns, artificial berries, leaves, etc. All materials are provided. In advance we thank Joan Story for volunteering to lead this crafty workshop. COME ON DOWN, AND GET A LITTLE CRAFTY!

**HELP US DECORATE THE SENIOR CENTER
FOR THE HOLIDAY SEASON**

Monday, December 7th • 1:30 - 4:00 pm

At The Needham Senior Center

Calling all elves and the like... we need your expertise! Please help us decorate the Senior Center in holiday cheer. To keep us going we will be serving donut holes, eggnog and cider. As many of you know, our center is a home away from home so let's make our home sparkle this holiday season.

ANNUAL HOLIDAY PARTY
Wednesday, December 16th • 1:30 pm

At The Needham Senior Center

Come one, come all. Please join us for our Annual Holiday Party. The Songsters will entertain us and get us in the holiday spirit! Enjoy the music or sing along. Feast on delicious desserts and enjoy a visit from a special guest!

**NEW YEAR'S EVE DAY PARTY WITH LIVE
PERFORMER, "ELVIS PRESLEY"!**

Thursday, December 31st • 1:30 pm

At the Needham Senior Center

There is no fee for this program.

Hold on to your seats. Elvis has not left the building! In fact he is performing live for Needham residents of all ages at the Needham Senior Center! This is not to be missed! When you see the show and hear the music, you will experience the magic of the "King of Rock and Roll". Roland Julius AKA Elvis Presley performs in Boston and throughout the New England area. He is great with a crowd and his live, wild Elvis-style performance intrigues fans of all age groups. Sharing an "Elvis" cake will follow the event. After the party, continue to enjoy Needham's First Night Activities, through the Needham Cultural Arts Council.

**MONDAY'S
LUNCH BUNCH**
Try someplace new,
socialize and enjoy a
good meal.

**Meet at the Senior
Center at 11:30am,**
*EXCEPT when a shopping
excursion is included. Board
our Van and take a ride to:

December 7th

Kelly's Roast Beef & Seafood,
Jordan's Furniture Framingham

December 14th

IHop, Dedham
Shopping at T.J. Maxx
*(10:30 departure)

December 21st

The Chateau, Waltham

December 28th

The Met Bar & Grill, Dedham
Shopping at Legacy Place
*(10:30 departure)

**MOVIES
AT 1:00 PM**

At the Needham Senior Center

Friday, December 4th

The Simple Life of
Noah Dearborn

**Monday,
December 14th**

A White Christmas

Friday, December 18th

The Forsyte Saga Series II
Part I

**Monday,
December 21st**

The Forsyte Saga Series II
Part 2

**Monday,
December 28th**

Love Letters

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at
781-455-7555 or sjackson@town.needham.ma.us.

**IT'S FRIDAY
ENTERTAINMENT
LIVE**

**PRESENTING
"JERRY ATRIC,"
COMEDY FOR THE
AGES, PERFORMANCE
BY STEVE
HENDERSON**

**Friday, December 11th
1:30 pm**

At the Needham Senior Center
**Sign-up is Required. There is
no fee for this program.**

This two-act, comedy show is a real crowd pleaser and the humor is creative and clean. Steve Henderson portrays the character Jerry. The show entitled "Jerry Atric" has a special appeal for older audiences and the audience is guaranteed to leave laughing. In 1970 Mr. Henderson began his career studying drama at Syracuse University then speech at the University of Massachusetts, then, something distantly related to corporate welfare at Elms College and finally graduated from Baystate Medical Center School of Nursing. Today he makes a living by living his dream as a writer, comedian and actor for audiences nationwide.

**KEEP WELL CLINICS
FOR DECEMBER**

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

**December 2nd
10:30 am - 12:00 pm**
Seabed's Way Community
Room (BOH)

**December 2nd and 16th
9:00 am - 12:00 pm**
Senior Center

**December 23rd
10:30 am - 12:00 pm**
Linden & Chambers
Community Room (BOH)

**JEWELRY DESIGN WORKSHOPS
TIMES TWO**

**WIRE BEAD CROCHET NECKLACES WITH LUCY –
MODERN STYLE**

Monday, December 7th • 11:45 am

At the Needham Senior Center

Sign-up is required.

In this workshop you will learn the basic technique of "Wire Bead Crochet" and create a truly unique and beautiful necklace. You will learn to crochet a simple chain stitch out of fine gauge wire and beads. The necklace is fun to make and many strands can be joined together to create a layered multiple strand necklace. All instructions and materials are included in the \$15.00 cost for your necklace. In advance we thank Lucy for volunteering to teach this class and for providing the necessary tools and items!

**EARRINGS, BRACELETS AND NECKLACES WITH
DANNY – TRADITIONAL STYLE**

Monday, December 14th • 1:30 pm

At the Needham Senior Center

Sign-up is required.

There is no fee for the class unless you decide to purchase your item. At the workshop, you will be able to choose different beads to make your piece. Bracelets are \$5.00, earrings are \$3.00 and necklaces are \$10.00.

VOLUNTEERS ARE SOUGHT

Election Day will take place on Tuesday, December 8, 2009. The Friends of the Needham Elderly will have their unique Boutiques set up, as well as a bake sale. The sale of items from the F.O.N.E. Boutiques helps raise funds which assist the COA in its operations of the senior center. **WE NEED YOU TO:** 1. Donate gently used or new gift items which are of high quality and resalable. 2. Bake an item or two for the bake sale. 3. Volunteer to help staff the boutiques or the bake sale on Election Day. 4. Make purchases on election day. Please contact Penny Gordon, Volunteer and Transportation Coordinator at 781-455-7555 x204 to let us know what support you will provide.

FRIENDLY VISITOR PROGRAM

VOLUNTEERS are needed for our Friendly Visitor Program to provide companionship to homebound elderly by visiting in the home to reduce loneliness and improve quality of life. Additional activities may include (at the discretion of the volunteer) letter reading & writing, telephone reassurance, activities & crafts, and respite care for families. Please contact LaTanya Steele at the Needham Senior Center, 781-455-7555.

MAH JONG CLASS

At the Needham Senior Center

SIGN-UP IS REQUIRED.

COST FOR THE CLASS IS \$20.00 FOR ALL FOUR SESSIONS.

Interested in learning mah jong? It is a strategic game, and once you have learned the rules, the ability to excel is limitless. After four sessions at the Needham Senior Center, 83 Pickering St., you will know if mah jong is for you. The class, taught by an experienced teacher, is four sessions at a cost of \$20 total, payable at the first session. To register, call 781-455-7555.

SHINE UPDATE: NEED HELP UNDERSTANDING 2010 MEDICARE PLANS?

We are in the middle of the Medicare Annual Open Enrollment period, which lasts until December 31. During this time, all Medicare beneficiaries can change their Medicare health coverage and their Medicare Prescription Drug Plans (Part D Plans). Some Medicare Advantage plans will no longer be offered in 2010. If you are in one of these plans, you must choose a new plan. In most cases if you do nothing, in January you will be put back in Original Medicare with no drug coverage. You need to check that your drugs will continue to be covered by your drug plan and how much they will cost you (your co-payments) in 2010. Most plans have increased monthly premiums, but a number of plans have significantly increased co-payments also. Although you have until December 31 to make changes, we recommend making any changes as early as possible, so you will have paperwork from your new plan showing you are covered on January 1, 2010.

The good news is that help is available: **1.** Call the **Needham Senior Center** and ask for a SHINE appointment. Specially trained and certified SHINE volunteers offer free, confidential counseling to seniors and anyone on Medicare. **2.** If there are no appointments available at the Needham Senior Center, there are additional appointments in December at the **Callahan Center in Framingham** (535 Union Avenue), for an appointment here call (508) 532-5980, ext 4120. **3.** You can also **talk to a SHINE counselor by telephone**, call 455-7555 and ask for the SHINE line. Once you get the SHINE answering machine, leave your name and phone number. A SHINE volunteer will call you back, as soon as possible. Please be patient. Due to the large volume of calls, you may not hear from us for a couple of days. **4.** You can also call Medicare at 1-800-MEDICARE (1-800-633-4227), or consult www.medicare.gov, or call MassMedLine at (866) 633-1617.

TRIP UPDATE

The Trip Program is coming to a close after a very successful year with the exception that we had to cancel the plans for the Overnight Trip to Saratoga Springs because of a lack of interest. On the other hand, the November Trip to Foxwoods was a sellout – everyone who took part had a grand time and all are looking forward to the next one. The December trip should be attractive to all our members, as it is a special Christmas Trip to the Hu Ke Lau in Chicopee. This will include a special meal of Roast Beef Au Jus or Bake Stuffed Chicken Breast and all the trimmings. Added to the meal will be an outstanding Holiday Show with Singer Bobby Burnett and company. To close out the day we will tour the Bright Nights in Forest Park, a treat not to be missed. The cost of this very happy day is \$65. Please make your reservations early. Call Jeanne Blakeney at the Senior Center, 781-455-7555, Tues, Wed or Thurs, from 9:30-3:30.

LOW VISION SUPPORT GROUP Friday, December 18th • 10:00 am

At the Needham Senior Center

The Low Vision Support Group meets at the Needham Senior Center on the third Friday of every month. The group provides an opportunity for newly blind and visually impaired persons to come together to discuss issues relating to their vision loss. The group addresses topics about how to use specialized equipment in the home or on the job; how to maintain independence; aging and vision loss; and the effects of vision loss on family and friends. If you need a ride, call the Needham Senior Center and we will arrange one for you. Call 781-455-7555.

BALLROOM DANCING LESSONS “CHA-CHA”

**Tuesdays, Dec. 1, 8, 15, 22
2:00-3:00 pm**

Offsite Location:

Charles River YMCA, 380
Chestnut Street

**Sign-up is required,
call the Senior Center at
781-455-7555.**

**Cost for the 4 weeks is
\$16.00 and is due on the
first day of class.**

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. Please wear shoes that allow movement on a wood floor – not rubber soles. To sign-up, call Sherry Jackson at the Needham Senior Center, 781-455-7555.

SONGSTERS UPDATE

The Songsters will be having a very busy month of December, giving concerts at the Senior Center as well as several locations around town. This is the time of year when everyone enjoys happy music, and the Songsters love providing it. Happy Holidays to all!

COMPASS NEWSLETTER LABELING AND COLLATING

**Tuesday, December 22nd
9:15 am**

At the Needham Senior Center

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!



COUNCIL
ON AGING

Needham

STEPHEN PALMER
SENIOR CENTER

83 Pickering Street
Needham, MA 02492

781-455-7555

SENIOR CENTER DROP-IN HOURS:

9:00 am - 4:00 pm
Monday thru Friday

THE ELDER ABUSE HOTLINE

To report or ask
questions about
suspected abuse of
an elder, please call
the hotline at,
1-800-922-2275.

For more info. call the
Needham Senior
Center at
781-455-7555.

**WOULD YOU LIKE TO
BOWL, PLAY TENNIS OR PLAY BASEBALL
Without Going to a Tennis Court, Baseball Field, or Bowling Alley?**
IF YES, THEN YOU MUST COME DOWN AND GIVE WII™ A TRY.
**WE NOW HAVE A NEW GROUP OF WONDERFUL LEADERS TO SHOW YOU
HOW MUCH FUN THIS PROGRAM IS.**

**Please call the Senior Center for Dates and Times.
(781) 455-7555**

At the Needham Senior Center

Sign-up is required. There is no fee for this program.

Here is your chance to give Wii™ a try or simply see what it's all about. A fast-growing number of Senior Centers are loving the benefits of the Nintendo® craze called "Wii™." The Wii™ sports program includes virtual tennis, golf, baseball, bowling and boxing. Players hold a wireless controller that detects three-dimensional motion as they execute the same arm movement they would employ if swinging a racket or bat, rolling a ball, or throwing a jab. The simulated action is played out on a television screen. We would like to thank Charles River ARC volunteers for helping us to make this program a success.

DID YOU KNOW ?

The Needham Community Council has a Food Pantry. The Council's Food Pantry has existed for more than twenty five years. The Needham Community Council currently serves close to 200 Needham families each month. Clients receive food, paper goods, bread and pastry. Food is generously donated by Roche Brothers, Sudbury Farms, Trader Joe's, Needham's Houses of Worship, Needham Elementary Schools, Boy Scouts and Postal Workers' food drives, social organizations and individuals. The Council is also a member of the Greater Boston Food Bank. The Needham Community Council accepts donations: Canned fruit, jelly, tea [regular, decaf and green], sugar [regular and diet], cooking oil, ketchup and other condiments, small bottles of laundry detergent, toothpaste and toothbrushes... individual size containers please, nothing opened, or expired. For more information or to donate call the Needham Community Council at 781-444-2415.

CREATIVE WRITING GROUP

**Tuesday, December 22nd
10:30 - 11:30 am**

At the Needham Senior Center

There is no fee for this program.

Write your memoirs or try your hand at creative writing. This writing group is for all levels. The class is not about using proper grammar. It is about capturing memories or stories on paper and most of all having fun. The class is facilitated by a published writer who has agreed to volunteer his time with us.

CURRENT EVENTS GROUP

**Tuesdays, December 1st, 15th
and 29th • 10:30 - 11:30 am**

At the Needham Senior Center

There is no fee for this program.

If you are interested in talking with others about today's headlines or what should be in today's headlines, please join us. This group is a friendly place to equally share with one another information in a supportive environment. We meet on the first, third, and last Tuesday of the month.

www.NeedhamSeniors.com

FOR REAL SERVICE
IN REAL ESTATE



THE ELLIS
NURSING AND REHABILITATION CENTER

- Short Term, Long Term & Dementia Units
- Up to 7 days/week Physical Therapy, Occupational Therapy, & Speech Therapy
- In house therapists
- Family owned and operated
- Dedicated dementia unit
- Skilled nursing care with specialties in medically complex cases

135 Ellis Avenue • Norwood, MA 02062 • 781-762-6880
www.TheEllis.com

DECEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street Needham, MA 02492 781-455-7555 www.needhamma.gov Please Note: Items in bold indicate that sign-up is required.	1 9-4 Pool 9:15 Yoga 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch: Pier 17 Fish or Roast beef & Swiss Sandwich 12:00 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing – “The Cha-Cha” #1 2:00 Arthritis Exercise with Lisa	2 9-4 Pool 9:00 Keep Well Clinic 9:15 Exercise 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: Pork Rib or Turkey & Cheese Sandwich 1:00 Bridge – Men 1:00 Bridge for Beginners 2:30 Better Balance 3:00 Yoga with Sandi 5:00 Reaccreditation Informational Forum	3 9-4 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Chicken w/ Italian Sauce, or Egg Salad Sandwich 12:00 Computer Lessons 12:00 Ping Pong 1:00 Bridge – Women #3 1:00 Bridge – Duplicate 1:00 Cribbage – Men 1:30 Crafts with Joan 2:00 Arthritis Exercise with Lisa #1	4 9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 10:30 Exercise 11:45 Lunch: Pot Roast or Seafood Salad Sandwich 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: The Simple Life of Noah Dearborn
7 9-4 Pool 9:00 Tai Chi Class 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 10:30 Lunch Bunch: Kelly's Roast Beef & Seafood, Jordan's Furniture, Framingham 11:45 Jewelry Design Workshop with Lucy Lunch: Chicken Cacciatore or Roast Beef & Cheese Sandwich Bridge – Men 1:00 Decorate the Senior Center	8 9-4 BOUTIQUE AND BAKE SALE! 9-4 Pool 9:15 Bridge – Women 11:45 Lunch: Salisbury Steak or Egg Salad Sandwich 12:00 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing – “The Cha-Cha” #1 2:00 Arthritis Exercise with Lisa No Creative Writing ELECTION DAY	9 9-4 Pool 9:15 Exercise 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: Macaroni and Cheese, or Turkey & Cheese Sandwich 12:30 Play Reading 1:00 Bridge – Men 1:00 Bridge for Beginners 2:30 Better Balance 3:00 Yoga with Sandi	10 9-4 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Mild Beef & Bean Chili, or Tuna Salad Sandwich 12:00 Computer Lessons 12:00 Ping Pong 1:00 Bridge – Women #3 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1	11 9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 10:30 Exercise 11:45 Lunch: Salmon or Chicken Salad Sandwich 1:00 Bridge – Men 1:30 Entertainment Live with Comedian Steve Henderson
14 9-4 Pool 9:00 Tai Chi Class 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 10:30 Lunch Bunch: IHop, Dedham, Shopping at T.J. Maxx 11:45 Lunch: Turkey a la King or Egg Salad Sandwich Bridge – Men 1:00 Movie: A White Christmas 1:30 Jewelry Design Workshop with Danny	15 9-4 Pool 9:15 Bridge – Women 10:30 Current Events Group 11:45 Lunch: Holiday Special Honey Glazed Ham, Whipped Potatoes, Strawberry Shortcake 12:00 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing – “The Cha-Cha” #1 2:00 Arthritis Exercise with Lisa	16 9-4 Pool 9:00 Keep Well Clinic 9:15 Exercise 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: Breaded fish or Roast Beef & Cheese Sandwich 1:00 Bridge – Men 1:30 Annual Holiday Party No Bridge Class, Better Balance or Yoga Today	17 9-4 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: American Chop Suey or Chicken Salad on Lettuce 12:00 Computer Lessons 12:00 Ping Pong 1:00 Bridge – Women #3 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1	18 9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 10:00 Low Vision Group 11:45 Lunch: Country Chicken or Seafood Salad Sandwich 1:00 Bridge – Men 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: The Forsyte Saga Series II Part I
21 9-4 Pool 9:00 Tai Chi Class 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: The Chateau, Waltham Lunch: Meatloaf or Chicken Patty Sandwich Bridge – Men 1:00 Movie: The Forsyte Saga Series II Part 2	22 9-4 Pool 9:15 Compass Collating 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch: Hot Dog on Roll, Baked Beans, Cole Slaw or Tuna Salad Sandwich 12:00 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing – “The Cha-Cha” #1 No Arthritis Exercise with Lisa Today	23 9-4 Pool 10:00 Hearts Card Game 11:45 Lunch: Pier 17 Fish or Ham & Swiss Sandwich 1:00 Bridge – Men 1:00 Bridge for Beginners 2:30 Better Balance 3:00 Yoga with Sandi No 9:15 Exercise Class Today	24 9-4 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Chicken Marsala or Turkey Salad on Lettuce Leaf SENIOR CENTER CLOSED AT 12:00PM IN OBSERVANCE OF CHRISTMAS	25 CLOSED IN OBSERVANCE OF CHRISTMAS
28 9-4 Pool 9:00 Tai Chi Class 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 10:30 Lunch Bunch: The Met Bar & Grill, Dedham Shopping at Legacy Place 11:45 Lunch: Fish Au Gratin or Turkey & Mozzarella Cheese Sandwich Bridge – Men 1:00 Movie: Love Letters	29 9-4 Pool 9:15 Bridge – Women 10:30 Current Events Group 11:45 Lunch: Pot Roast w/Gravy or Chicken Patty on Hamburger Roll 12:00 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women No Arthritis Exercise with Lisa Today	30 9-4 Pool 10:00 Hearts Card Game 11:45 Lunch: Baked Chicken or Roast Beef & Cheese Sandwich 1:00 Bridge – Men 1:00 Bridge for Beginners 3:00 Yoga with Sandi No 9:15 Exercise or Better Balance Class Today	31 9-4 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Stuffed Pepper or Chicken Salad Sandwich 12:00 Computer Lessons 12:00 Ping Pong 1:00 Bridge – Women #3 1:00 Bridge – Duplicate 1:00 Cribbage – Men 1:30 New Year's Eve Party with Elvis Presley, Live!	Offsite Locations of Programs #1 Charles River YMCA 380 Chestnut Street #2 Needham Public Library 1139 Highland Avenue #3 Avery Crossings Assisted Living 110 West Street #4 Baptist Church 858 Great Plain Ave. #5 NHA Community Room 5 Chambers Street



Cliff London

RE/MAX

Home Team Realty

339 Chestnut St. Needham

781-444-3700

Call for a
free consultation.

CR Louise Condon Realty, Inc.

"Needham's Home Town Brokers"™

781-449-6292

399 Chestnut Street • Needham, MA 02492 • www.condonrealty.com



**BRIARWOOD HEALTHCARE
& REHABILITATION CENTER**

AT 150 LINCOLN STREET

◆ An Eden Alternative Registered Home

◆ Family Owned and Operated ◆ Secured Alzheimer's Program

◆ Short Term Rehabilitation ◆ Long Term Care

781-449-4040

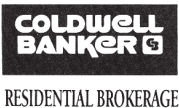


Martha M. McMahon, ABR, SRES®
Seniors Real Estate Specialist

(781) 446-7656

martha.mcmahon@nemooves.com

*One Chapel Street
Needham, MA 02492*



**KEEP YOUR LIFE SAVINGS
SAFE FOR LIFE.**

Needham Bank

YOUR FUTURE. OUR FOCUS.

MEMBER FDIC
MEMBER SIF



NEEDHAMBANK.COM 781-444-2100

SOSTEK
HOME CARE

617-244-8560

www.SostekHomeCare.com

**Council on Aging
Board Members**

Susanne Hughes
Chairman

Carol deLemos
Vice Chair

Roma Jean Brown

Scott Brightman

James Dolan

Dan Goldberg

Risa Greendlinger

Andrea Rae

Colleen Schaller

Derrek Shulman

Nina Silverstein

Mary Elizabeth Weadock

**VISIT US ONLINE AT:
www.needhamma.gov**

Read this newsletter in your choice of easy-to-read formats.

**FRIENDS OF THE
NEEDHAM ELDERLY, INC.**

83 Pickering Street
Needham, MA 02492

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
PERMIT # 54486